

**STANDARDIZED NUTRITIONAL CARE PROCESS (PAGT) IN
PATIENTS WITH PNEUMONIA AND PLEURA EFFUSION
at dr. TJITROWARDOJO PURWOREJO Hospital**

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ABSTRACT

Background : Pneumonia is an inflammation of the lung parenchyma, which can be caused by microorganisms, aspiration of gastric juices, foreign bodies, hydrocarbons, lipid materials and hypersensitivity reactions. PAGT was conducted for 3 days in patients with pneumonia at Hospital using the Nutrition Care Process Terminology (NCPT) method. The purpose of this dietary management is to fulfill nutritional needs for organ repair and prevent increased risk of disease and complications. Translated with DeepL.com (free version)

Objective : Knowing the implementation of a standardized nutritional care process in pneumonia with effusion pleura patients at RSUD dr, Tjitrowardojo Purworejo.

Methods : This study used a descriptive observational method with a case study design. The case study was conducted at Dr. Tjitrowardojo Purworejo Hospital. The study subjects were pneumonia patients. The focus of the study was on nutritional screening, nutritional assessment, nutritional diagnosis, the purpose of dietary prescription, dietary intervention, and monitoring evaluation in patients.

Result : Nutritional screening using MNA-SF and nutritional assessment resulted in the patient being malnourished. The patient's nutritional status calculated by LILA percentage showed that the patient's nutritional status was poor. Biochemical examination of creatinine, sodium, temporary blood sugar, neutrophils, MCV is high. Potassium, platelets, lymphocytes, eosinophils, basophils, and lymphocytes were low. Based on the results of the clinical physical examination showed that the patient was in a state of composmentis, had nausea, normal respiration, high blood pressure, normal pulse, and normal temperature. Based on the thorax examination, there was pleura effusion or fluid accumulation in the pleura cavity, moderate bilateral means that the accumulation is moderate. The patient's 24-hour recall intake is less, and the patient's SQFFQ is less. The intervention given is the TE RG diet. The results of monitoring and evaluation of overall food intake were unstable due to the patient's condition.

Conclusion : The results of the patient's examination were malnutrition with poor nutritional status. After monitoring and evaluating the patient, it is known that the patient's food intake is unstable and the patient's condition is getting bet

Keywords: Pneumonia; Pleura Effusion; implementation of nutritional care; case study

PROSES ASUHAN GIZI TERSTANDAR (PAGT) PADA PASIEN *PNEUMONIA* DENGAN EFUSI PLEURA

DI RSUD dr. TJITROWARDOJO PURWOREJO

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ABSTRAK

Latar Belakang : Pneumonia merupakan suatu peradangan yang mengenai bagian parenkim paru, yang dapat disebabkan oleh mikroorganisme, aspirasi dari cairan lambung, benda asing, hidrokarbon, bahan-bahan lipoid dan reaksi hipersensitivitas. PAGT dilakukan selama 3 hari pada pasien Pneumonia di RSUD dr. Tjitrowardojo dengan menggunakan metode *Nutrition Care Process Terminology* (NCPT).

Tujuan : Mengetahui Pelaksanaan proses asuhan gizi terstandar pada pasien pneumonia di RSUD dr. Tjitrowardojo Purworejo.

Metode : Penelitian ini menggunakan metode observasional deskriptif dengan desain Studi Kasus. Studi Kasus dilakukan di RSUD dr. Tjitrowardojo Purworejo. Subjek penelitian adalah pasien pneumonia. Fokus studi yaitu melakukan skrining gizi, pengkajian gizi, diagnosis gizi, tujuan dari preskripsi diet, intervensi diet, dan monitoring evaluasi pada pasien

Hasil : skrining Gizi menggunakan MNA-SF dan dilakukan pengkajian gizi dihasilkan bahwa pasien mengalami malnutrisi. Status gizi pasien dihitung dengan presentase LILA menunjukkan status gizi pasien gizi buruk. Pemeriksaan biokimia kreatinin, natrium, gula darah sewaktu, netrofil, MCV tinggi. Kalium, trombosit, limfosit, eosinofil, eritrosit, dan limfosit rendah. Berdasarkan hasil pemeriksaan fisik klinis menunjukkan pasien dalam keadaan composmentis, mengalami mual, respirasi normal, tekanan darah tinggi, nadi normal, dan suhu normal. Berdasarkan pemeriksaan thorax dihasilkan adanya efusi pleura atau penumpukan cairan di rongga pleura, moderat bilateral berarti bahwa penumpukan bersifat sedang. Asupan recall 24 jam pasien kurang, dan SQFFQ pasien kurang. Intervensi yang diberikan yaitu diet TE RG. Hasil monitoring dan evaluasi secara keseluruhan asupan makanan tidak stabil karena kondisi pasien.

Kesimpulan : Hasil pemeriksaan pasien mengalami malnutrisi dengan status gizi gizi buruk. Setelah dilakukan monitoring dan evaluasi pada pasien diketahui bahwa asupan makanan pasien tidak stabil dan keadaan pasien semakin membaik.

Kata kunci : Pneumonia; Efusi Pleura; pelaksanaan asuhan gizi; studi kasus